

Pasta Primavera

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Butter	1 1/4 lb		2 1/2 lb	
Flour		3 cup		6 cup
Skim milk		2 gal		4 gal
White pepper		2 tsp		1 Tbsp + 1 tsp
Bay leaf		4 each		8 each
Parmesan cheese, grated	2 lb		4 lb	
Lemon juice		2 Tbsp		1/4 cup
Garlic powder		1 Tbsp		2 Tbsp
Broccoli, fresh or frozen, cut into bite size pieces.	4 lb		8 lb	
Cauliflower, fresh or frozen, cut into bite size pieces.	4 lb		8 lb	
Carrots, baby, fresh or frozen	4 lb		8 lb	
Zucchini, sliced into 1/2 "x2" strips	4 lb		8 lb	
Peas, frozen	2 lb		4 lb	
Fettuccine or other pasta	12 lb		24 lb	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	466	
Total Fat	15.7 g	
Protein	24.3 g	
Carbohydrates	58.1 g	
Dietary Fiber	6.5 g	
Saturated Fat	9.5 g	
Sodium	361.4 mg	

Meal Components

Vegetables	1/2 cup
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Directions

1. For primavera sauce: melt butter over medium heat in large saucepan or kettle.
2. Add flour to melted butter and whisk over medium heat, making a roux.
3. Whisk roux continuously for approximately 5 minutes. Do not brown flour.
4. Slowly whisk milk into roux and continue whisking until fully incorporated.
5. Add bay leaves, white pepper and garlic powder and cook white sauce on medium.

6. Boil water for pasta and cook to al dente.
7. Steam broccoli, cauliflower and carrots until they are bright and crisp.
8. Steam zucchini and peas just until heated through.
9. Drain cooked pasta and place into hotel pan sprayed with non-stick spray. Hold in 200° F oven until service.
10. Place steamed vegetables in hotel pan sprayed with non-stick spray and hold in 200° F oven until service.
11. Add lemon juice, and $\frac{3}{4}$ of total parmesan cheese to sauce and remove from heat.
12. For service, place 1 cup pasta on plate, put $\frac{1}{2}$ cup vegetables over pasta and cover vegetables with $\frac{1}{2}$ cup cheese sauce.
13. Can also be layered into hotel pans coated generously with non-stick spray oil and held in 200° F oven until service.
14. To serve, finish with a sprinkling of remaining parmesan cheese.